

Group Fitness Timetable

SPRING 2017

ELTHAM LEISURE
CENTRE



GROUP FITNESS STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LesMILLS BODYPUMP	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS BODYPUMP	CIRCUIT	LesMILLS CXWORX VIRTUAL*		
7.05am	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS CXWORX VIRTUAL*	LesMILLS BODYBALANCE VIRTUAL	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYPUMP VIRTUAL	LesMILLS BODYPUMP	LesMILLS BODYPUMP VIRTUAL
8.10am			ZUMBA Gold			BOXING	LesMILLS BODYSTEP
9.10am	LesMILLS BODYPUMP	LesMILLS CXWORX*	YOGA HATHA	LesMILLS BODYVIVE	LesMILLS BODYATTACK	LesMILLS BODYATTACK	LesMILLS BODYBALANCE
9.40am		KETTLEBELL*					
10.15am	ACTIVE MOVERS	PILATES	KETTLEBELL*	LesMILLS BODYPUMP	PILATES	LesMILLS BODYSTEP	LesMILLS BODYCOMBAT
10.45am			LesMILLS CXWORX*				
11.20am	LesMILLS BODYBALANCE	LesMILLS BODYPUMP	LesMILLS BODYPUMP	YOGA HATHA		LesMILLS BODYBALANCE	LesMILLS BODYPUMP
12.25pm	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYBALANCE	LesMILLS BODYCOMBAT VIRTUAL	ACTIVE MOVERS	ACTIVE PUMP	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYBALANCE VIRTUAL
1.30pm	ACTIVE MOVERS	LesMILLS BODYCOMBAT VIRTUAL	ACTIVE PUMP	LesMILLS BODYBALANCE VIRTUAL	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYPUMP VIRTUAL	LesMILLS BODYCOMBAT VIRTUAL
3.00pm	LesMILLS BODYPUMP VIRTUAL	LesMILLS CXWORX VIRTUAL*	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYPUMP VIRTUAL	LesMILLS BODYBALANCE VIRTUAL	LesMILLS CXWORX VIRTUAL*	LesMILLS BODYPUMP VIRTUAL
4.15pm	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS SH'BAM VIRTUAL	LesMILLS BODYPUMP VIRTUAL	LesMILLS CXWORX VIRTUAL*	LesMILLS BODYPUMP VIRTUAL	LesMILLS BODYPUMP	
5.00pm							YOGA IYENGAR
5.30pm	LesMILLS CXWORX*	LesMILLS BODYSTEP*	LesMILLS CXWORX*	KETTLEBELL*	YOGA HATHA		
6.15pm	LesMILLS BODYPUMP	LesMILLS BODYATTACK	LesMILLS BODYATTACK	LesMILLS BODYPUMP		LesMILLS BODYCOMBAT VIRTUAL	LesMILLS BODYCOMBAT VIRTUAL
7.15pm	LesMILLS BODYSTEP	ZUMBA	LesMILLS BODYPUMP	LesMILLS BODYSTEP	LesMILLS BODYCOMBAT VIRTUAL	LesMILLS BODYBALANCE VIRTUAL*	LesMILLS SH'BAM VIRTUAL*
8.15pm	LesMILLS BODYCOMBAT	LesMILLS BODYPUMP	METAFIT*	LesMILLS BODYBALANCE	LesMILLS SH'BAM VIRTUAL		
9.15pm	LesMILLS SH'BAM VIRTUAL*	LesMILLS CXWORX VIRTUAL*	LesMILLS BODYCOMBAT VIRTUAL*	LesMILLS CXWORX VIRTUAL*			

GROUP FITNESS STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45 am		LesMILLS BODYBALANCE			YOGA HATHA		
8.10am						PILATES	
9.10am	PILATES		CIRCUIT (STADIUM)	BOXING (STADIUM)	ZUMBA Gold	BARRE	
10.15am	CIRCUIT (STADIUM)		ACTIVE MOVERS		LesMILLS CXWORX*		
11.20am			BARRE		ACTIVE BARRE		
12.25pm		LesMILLS BODYVIVE					
5.30pm	PILATES*						
6.15pm	YOGA BLEND		YOGA HATHA	PILATES			
7.15pm		PILATES		BARRE			
8.15pm	LesMILLS BODYBALANCE		YOGA NIDRA				

* Indicates 30min classes

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45am	LesMILLS RPM VIRTUAL	LesMILLS RPM		LesMILLS RPM	LesMILLS RPM		
7.00am	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL		
8.10am						LesMILLS RPM	
9.10am	LesMILLS RPM	LesMILLS RPM	CYCLE *	LesMILLS RPM	LesMILLS RPM	CYCLE	LesMILLS RPM VIRTUAL
10.00am		LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL			LesMILLS RPM MAX
12.30pm	LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL		
2.00pm	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
4.00pm	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
5.30pm	LesMILLS RPM	CYCLE	LesMILLS RPM	LesMILLS RPM VIRTUAL		LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL
6.30pm	LesMILLS RPM	CYCLE *		LesMILLS RPM	LesMILLS RPM VIRTUAL		
7.30pm	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL	LesMILLS RPM VIRTUAL*	LesMILLS RPM VIRTUAL*

* Indicates 30min classes

CLASS DESCRIPTIONS



LesMILLS BODYATTACK



Sports-inspired cardio workout

LesMILLS BODYPUMP



Weight-based strength workout

LesMILLS CXWORX



Dynamic training that focuses on core strength

LesMILLS SH'BAM



Dance-fitness party

LesMILLS BODYBALANCE



Yoga-based class to improve well-being

LesMILLS BODYSTEP



Energising step workout

LesMILLS RPM



Cycling workout

CYCLE



Freestyle cycling workout

LesMILLS BODYCOMBAT



High-energy martial arts workout

LesMILLS BODYVIVE



Low-impact, whole body workout

METAFIT



Combines bodyweight exercises with HIIT training

KETTLEBELL



Functional, compound exercises with Kettlebells

TRX



Bodyweight training tool

BOXING



A high intensity boxing circuit class

YOGA



Enhance vitality and a sense of well-being

PILATES



Works core and coordination using Pilate's movements

BARRE



Energetic workout that fuses ballet, pilates and yoga

ACTIVE MOVERS



Low impact cardiovascular exercise

ZUMBA



Dance-fitness party

ZUMBA Gold



Dance-fitness party

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Hours: 5.30am - 10pm weekdays / 7am - 8pm weekends

ELTHAM LEISURE CENTRE

